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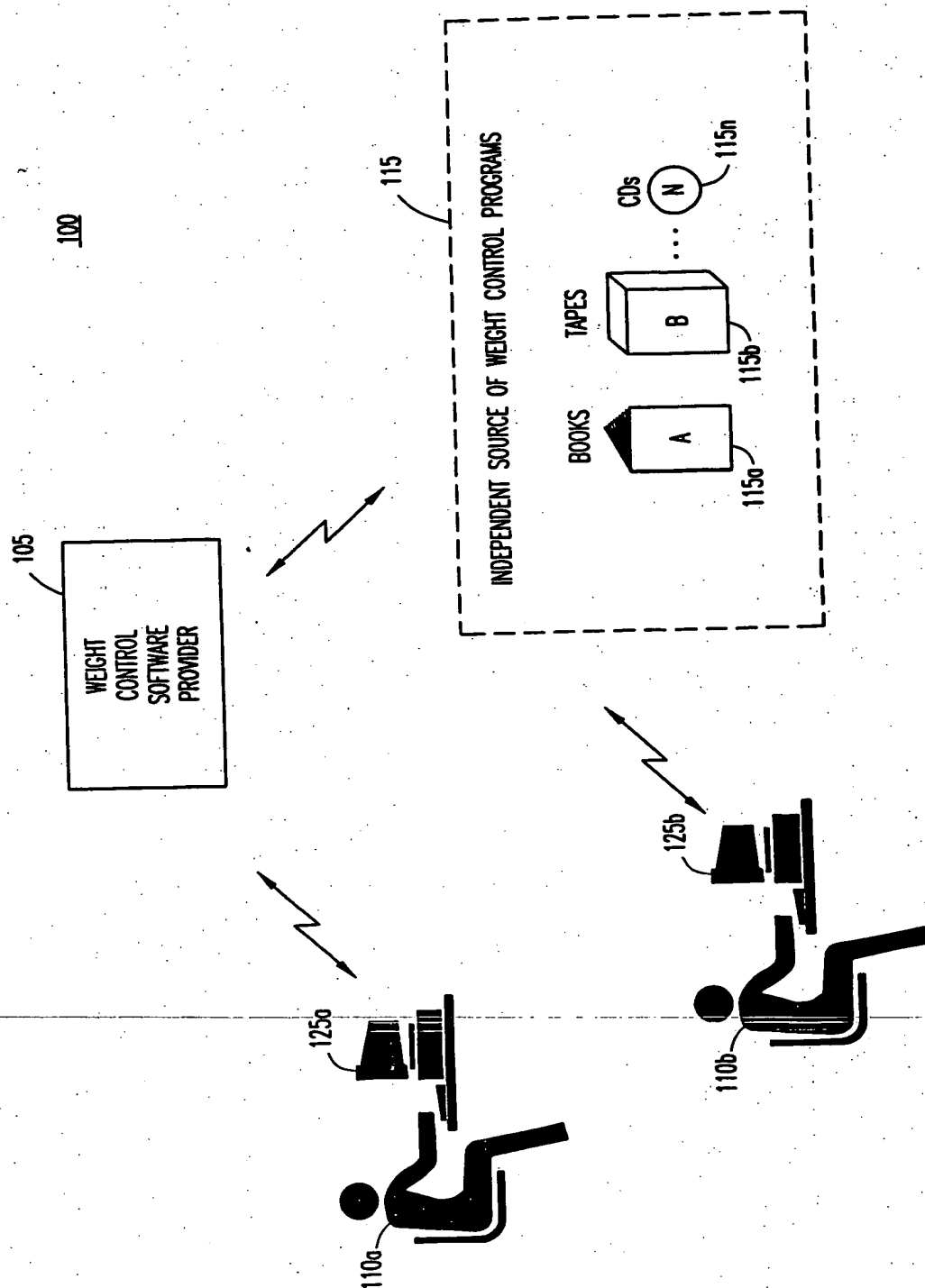


FIG. 1

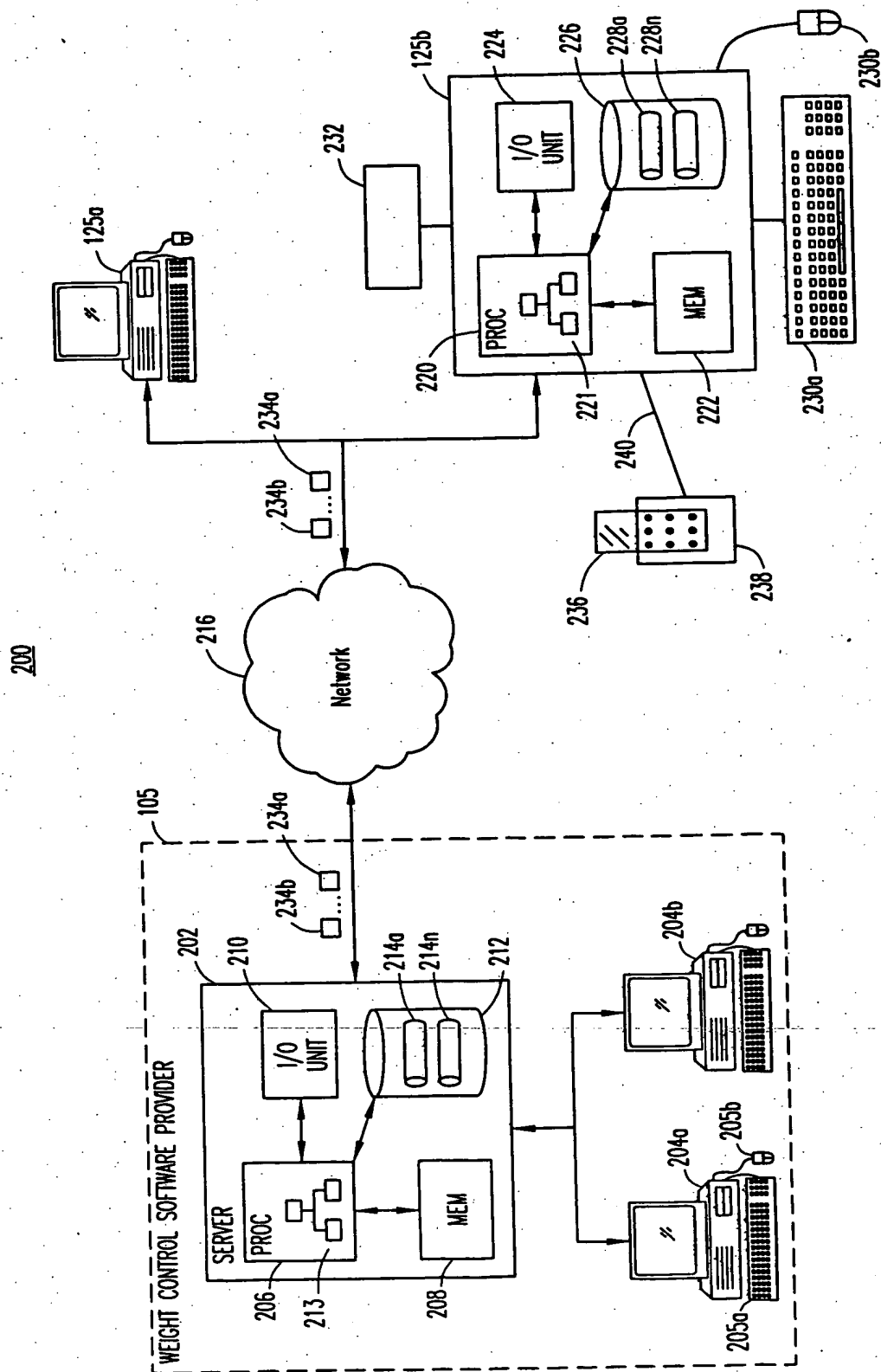


FIG. 2

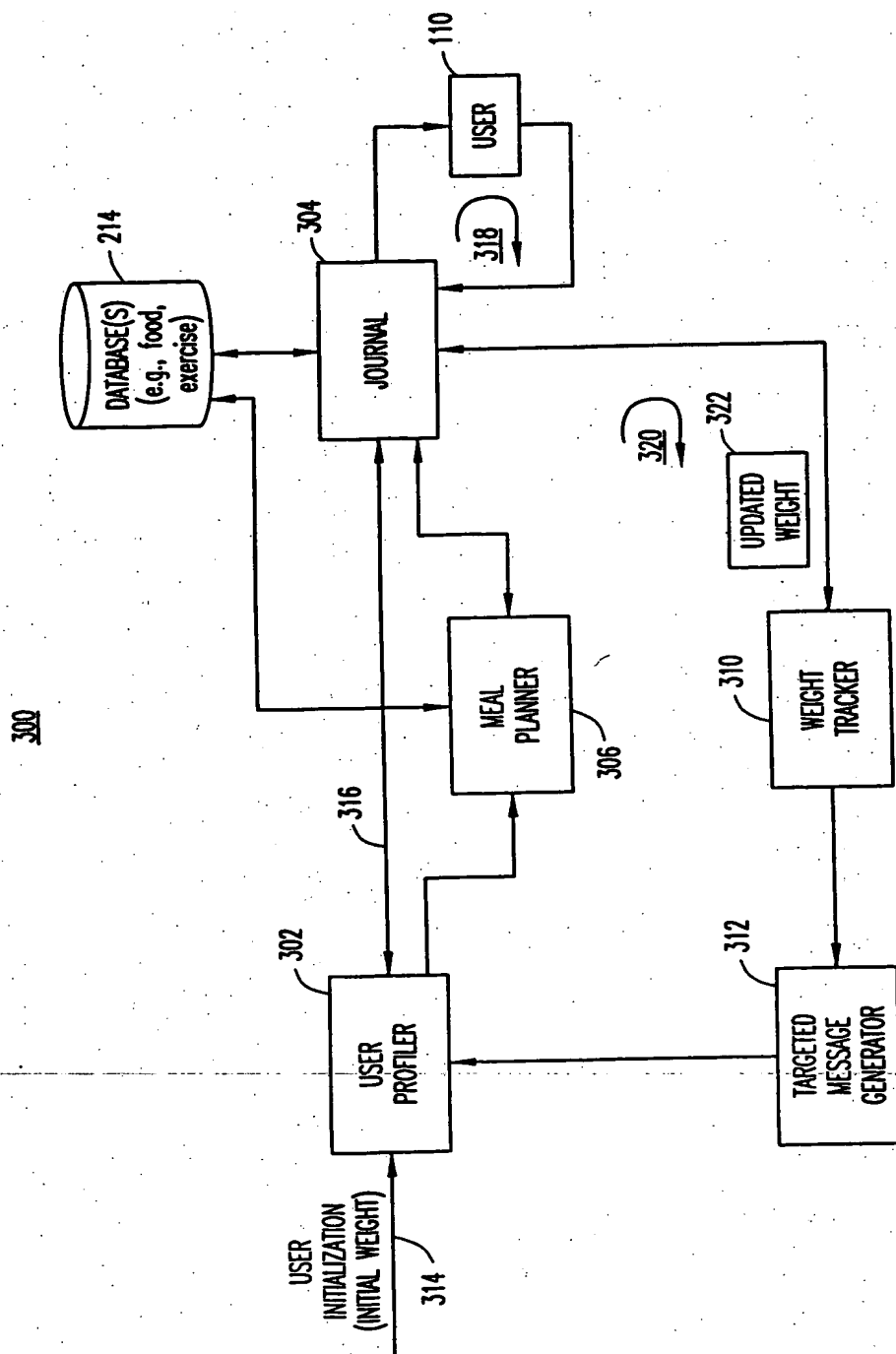


FIG. 3

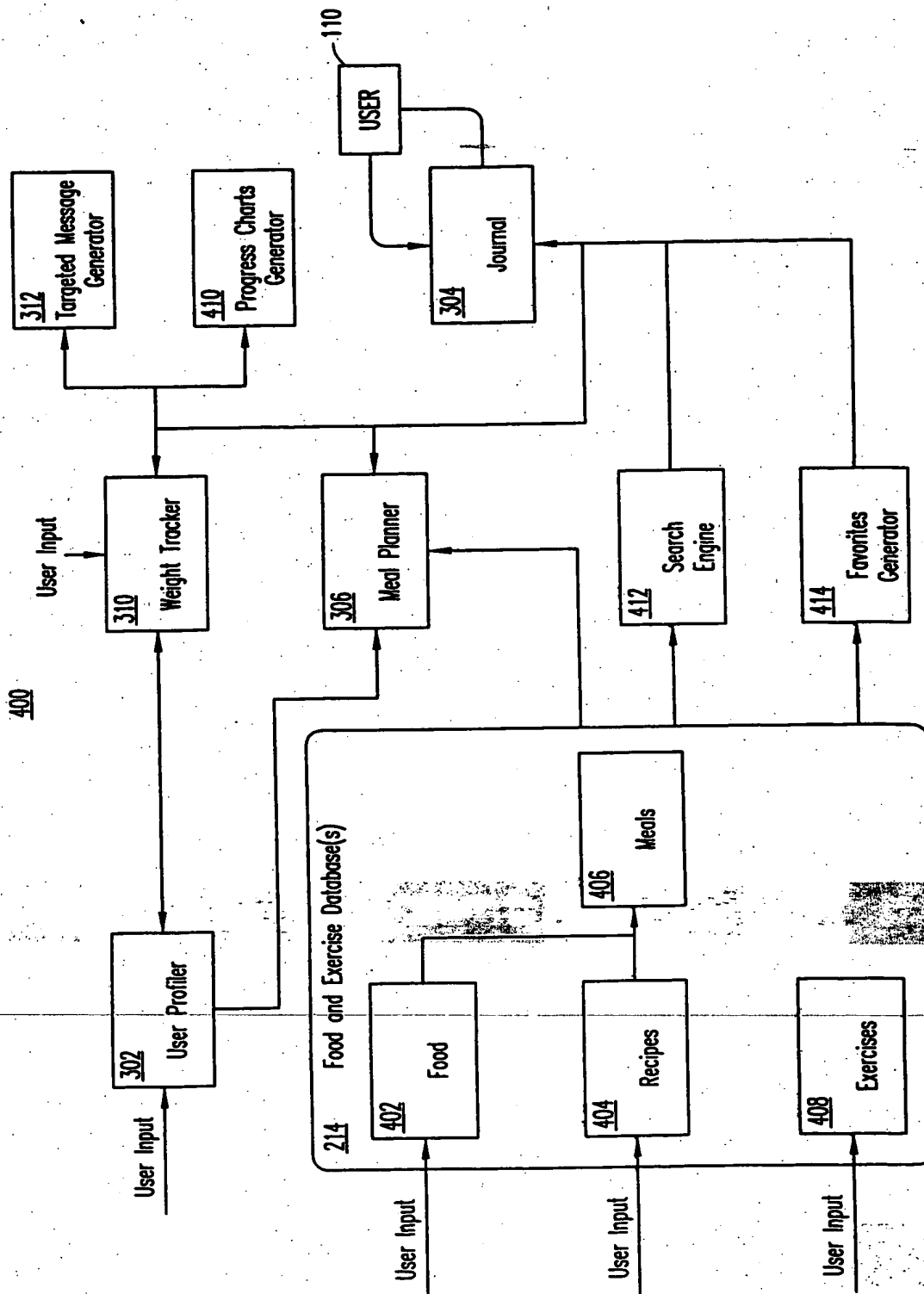


FIG. 4

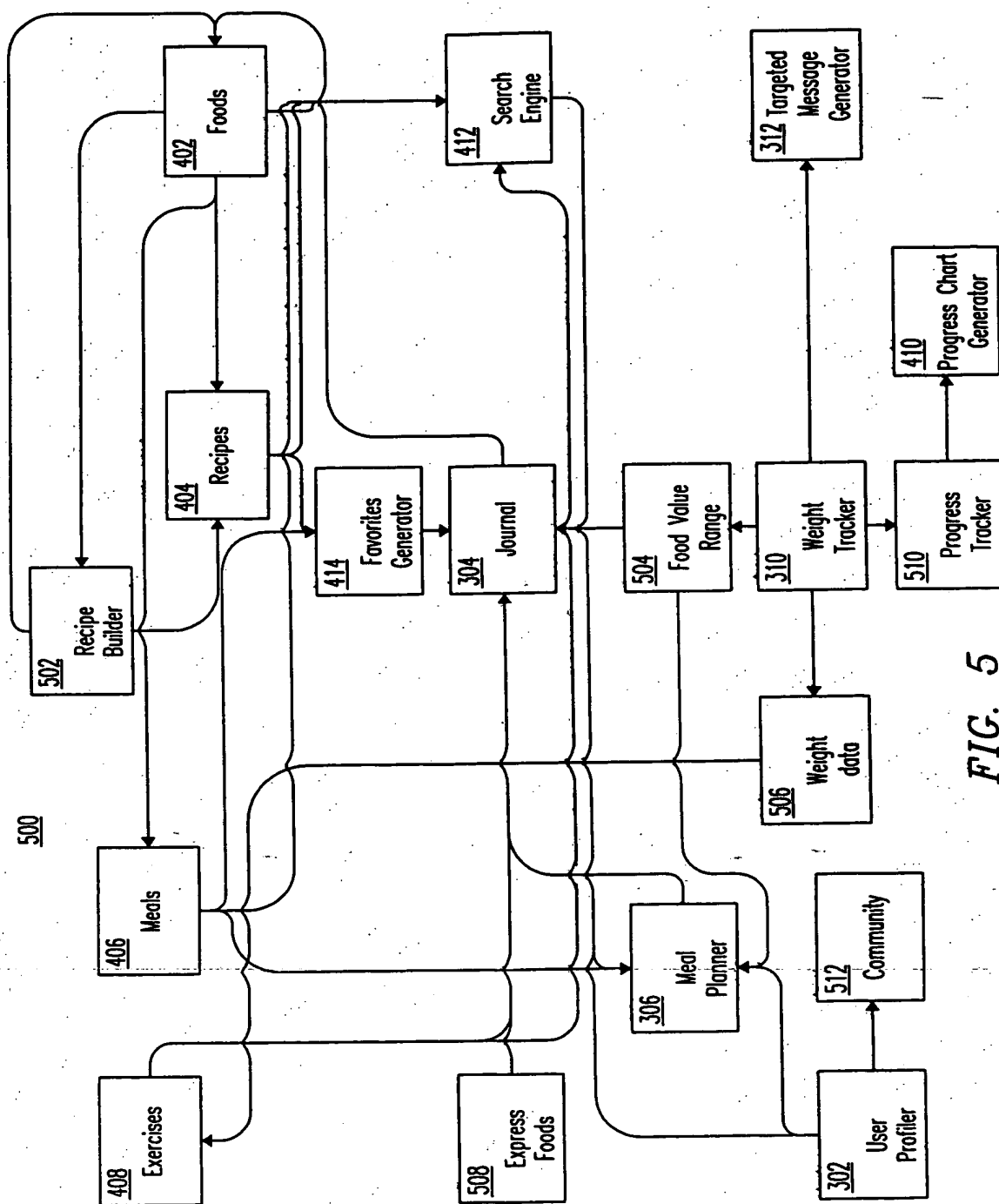


FIG. 5

6/28

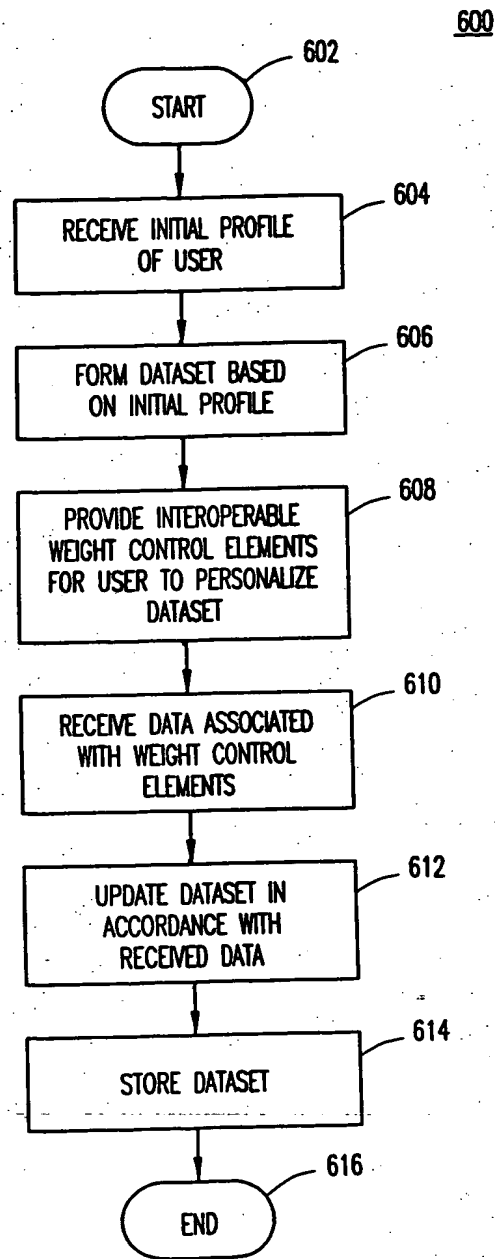


FIG. 6

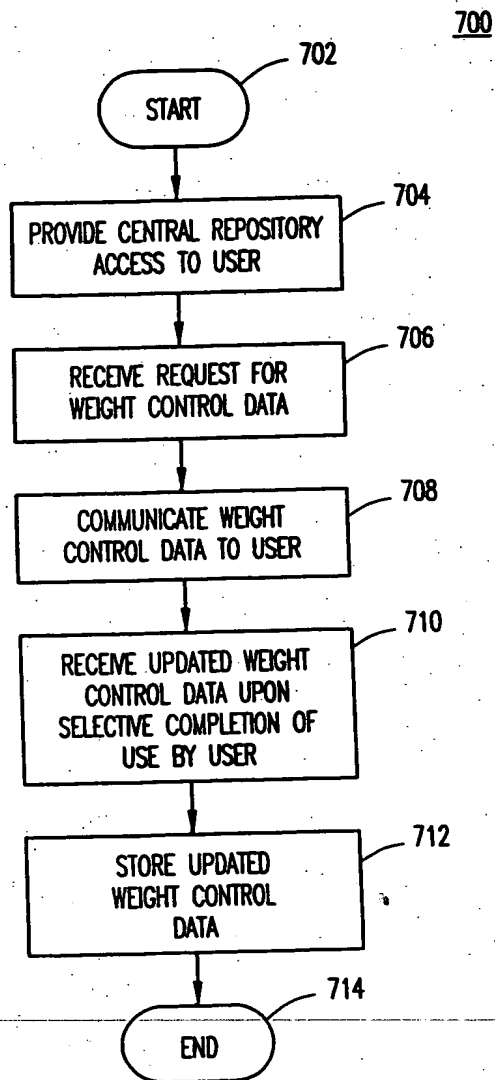


FIG. 7

8/28

802 → [find a meeting](#) | [about us](#) | [my profile](#) | [site map](#) | [help](#) LOGIN

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Journal | Weight Tracker | Progress Charts | My Favorites | POINTS[®] Calculators | Assessment | Tools for Living → 808

826

step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

Current Weight Information

Current Weight: 223lb
Height: 5'8"
Gender: M
Birthdate: 7/14/1966

[Make changes to Weight Information](#)

<h4>Personal Information</h4> <p>First name: John Last name: Smith Address: 1 MAIN ST. City: Anytown State: NY Zip code home: 12345 Zip code work: 12346 Country: United States Phone: (212) 555-1234 E-mail: jsmith@workplace.com Receive Information: No E-mail Weight Loss Progress: No E-mail Format: text Profession: Professional (e.g., doctor, lawyer) Marital status: Single Number of children: 0 Lifetime Member: 98765 Meeting Member number: 98765</p> <p style="text-align: center;">Make changes to Personal Information</p>	<h4>Other Characteristics</h4> <p>Attitude: Generally Happy Athletic: Yes Eye color: Blue Hair color: Brown</p> <h4>Other Demographics</h4> <p>Race: Caucasian Religion: Catholic Ethnicity: Irish Blood type: A+</p> <h4>Health Restrictions</h4> <p>None</p> <h4>Desired Meal Plan Type</h4> <p>Regular</p>
---	---

Payment Information

Credit Card: Visa
Credit card number: *****1111
Expiration date: 2/2002
Name as it appears on the card: John Q Smith
Billing Address: 1 MAIN ST.
City: Anytown
State: NY
Zip code: 12345

[Make changes to Payment Information](#)

Total Subscription Charges for

Monthly Fee: \$8.00 x 6 = \$48.00
Savings/Discount: \$0.00
Taxes: \$0.00
Total Charges: \$48.00

FIG. 8

9/28

900a

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806 806b

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808a

914

my journal 904a Friday, Jan 25, 2002 904b Target: 27 904c Range: 22-27 904d Bank: 3 906 print day print blank journal user guide

Add Food Add Exercise Notes Calendar

Step 1: Select a meal time: 908
920 Morning Midday Evening Snack

Step 2: To add food, you can either:
 • Search our food database
 toast FIND
 • Select a favorite: Edit Favorites
 Select from My Favorites ADD
 • Express it! Enter your food and its POINTS value:
 Food: POINTS: ADD
 • POINTS Calculator

Need Help? Go to the Journal User Guide Find tips from others on the Weight Watchers eTools Tip Exchange

DELETE CHECKED ITEMS 918 SAVE & BANK

Check All 910 Total Food POINTS used 24

Morning 912

1 medium pear(s)	1
1 cup light artificially sweetened yogurt	2
1/2 cup General Mills Whole Grain Total	1
6 average almonds	1
MAKE THIS MEAL A FAVORITE	Subtotal 5
Midday	
6 oz baked potato	3
1 oz low-fat cheddar or colby cheese	1
1/2 cup cooked broccoli	0
2 cup mixed greens	0
1 tsp olive oil	1
Tbsp vinegar	0
1 medium orange(s)	1
MAKE THIS MEAL A FAVORITE	Subtotal 6

Internet

FIG. 9

10/28

1000

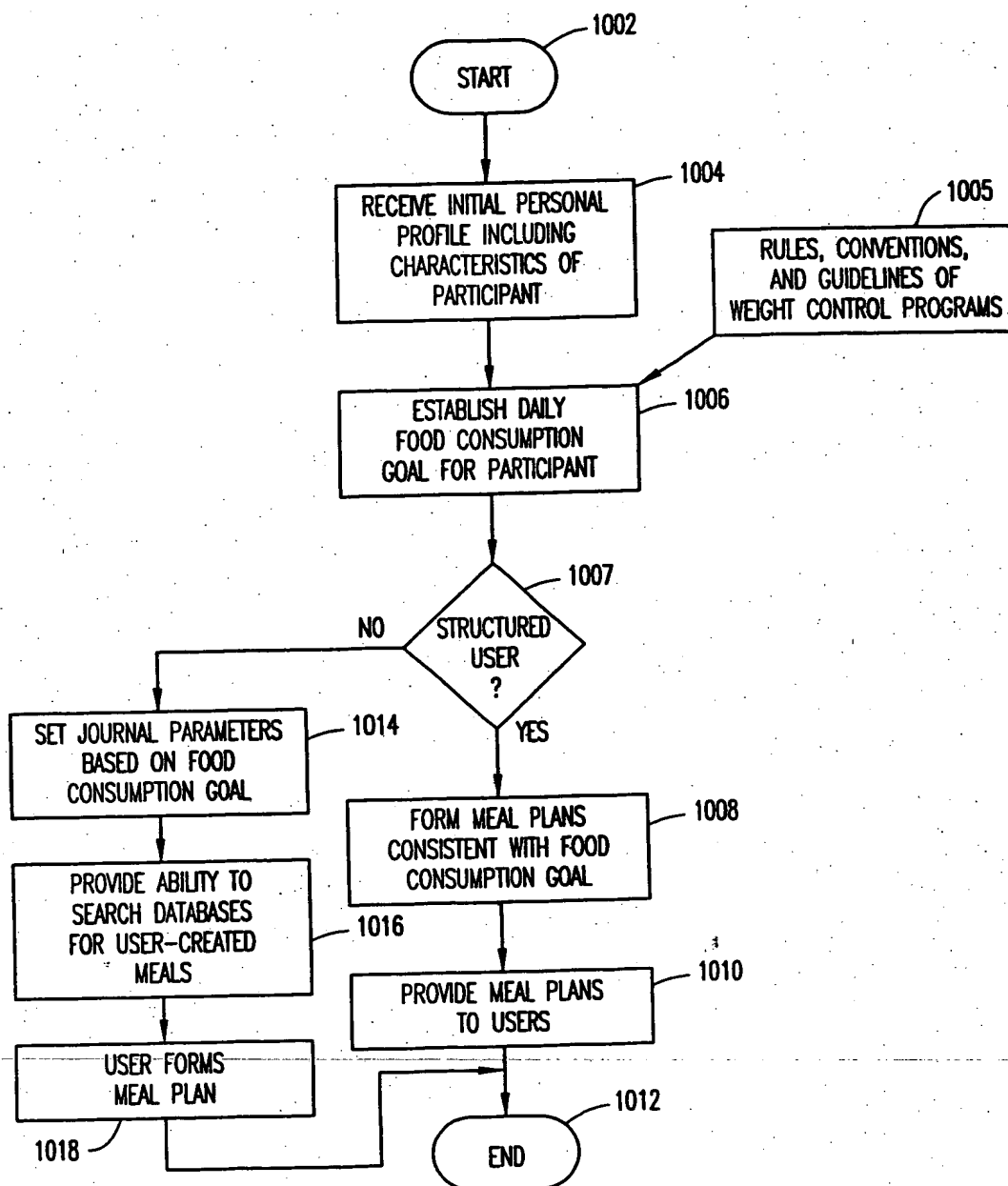


FIG. 10

11/28

900b

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my journal ◀ Friday, Jan 25, 2002 ▶ Target: 27 Range: 22-27 Bank: 3 [print day](#) [print blank journal](#) [user guide](#)

904b 906

Add Food Add Exercise Notes Calendar

Step 1: To add an exercise, you can either:

- Search our exercise database or [view all activities](#):
1104 1106
- Select a favorite: [Edit Exercise](#)
- Express It! Enter your food and its POINTS value:
Food: POINTS:

[POINTS Calculator](#)

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<input type="checkbox"/> 3/4 cup cooked brown rice	3
<input type="checkbox"/> WAKE THIS MEAL A FAVORITE	Subtotal 8
Snack	
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup sugar-free fruit flavored gelatin	0
<input type="checkbox"/> 2 Tbsp aerosol whipped cream	0
<input type="checkbox"/> 1 Tbsp sprinkles	1
<input type="checkbox"/> 3/4 oz chocolate chips	2
<input type="checkbox"/> WAKE THIS MEAL A FAVORITE	Subtotal 5
Total Food POINTS used 24	
Total Food POINTS left for today 3	
Exercise	
<input type="checkbox"/> 30 min walking, leisure	1
Total Activity POINTS earned 1	
Check off daily on these important items	
Water	Multivitamin Supplement

Internet

FIG. 11

900c

FIG. 12

FIG. 12

13/28

900d

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my journal ◀ Friday, Jan 25, 2002 ▶ Target: 27 Range: 22-27 Bank: 0
904d 906 [print day](#) [print blank journal](#) [user guide](#)

Add Food Add Exercise Notes Calendar

Click on any date below to view your journal entries for that specific day. To view a different month, click on the forward or back arrows.

Calendar Key

Su	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1302

DELETE CHECKED ITEMS SAVE & BANK

☐ Check All Total Food POINTS used 24

Morning

☐ 3 slice(s) crisp cooked bacon 4

☐ 2 large fried egg(s) 5

MAKE THIS MEAL A FAVORITE Subtotal 9

Midday

☐ 1 small serving(s) cooked lean beef steak 7

☐ 1 cup(s) fruit salad 2

MAKE THIS MEAL A FAVORITE Subtotal 9

Evening

Subtotal 0

Snack

Subtotal 0

Total Food POINTS used 18

Total Food POINTS left for today 9

Exercise

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Internet

FIG. 13

14/28

1400

806e

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meal plans

808c

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[view next week's plan](#)

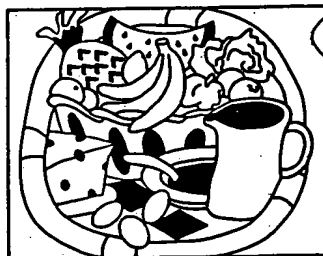
[see Daily View](#)

[print](#)

[help](#)

Jan 23 - Jan 29

[add plan to my journal](#)



1402

☒ WEDNESDAY

POINTS

23

☐ MORNING:

☐ Cheese Omelet

6

☐ MIDDAY:

☒ Veggie Chili

5

☐ EVENING:

☒ Apricot Turkey Br...

7

☐ SNACK:

☒ Snacks and Treats

5

POINTS

23

☒ THURSDAY

☐ MORNING:

☒ Almond Apricot Flakes

6

☐ MIDDAY:

☒ Turkey Roller

5

☐ EVENING:

☒ Orange-Lemon Scallops

7

☐ SNACK:

☒ Throughout the Day

5

POINTS

24

☒ SATURDAY

☐ MORNING:

☒ From the Coffee Shop

5

☐ MIDDAY:

☒ Grilled Swordfish ...

6

☐ EVENING:

☒ Indian Take-Out

8

☐ SNACK:

☒ On the Go

5

POINTS

23

☒ MONDAY

☐ MORNING:

☒ Apricot Yogurt Sundae

5

☐ MIDDAY:

☒ Super Salad

6

☐ EVENING:

☒ Quick Bite Before ...

7

☐ SNACK:

☒ Crunchy Snacks

5

POINTS

24

☒ FRIDAY

☐ MORNING:

☒ Yogurt Topped Fruit

5

☐ MIDDAY:

☒ Cheese & Broc ...

6

☐ EVENING:

☒ Spicy Pork Sauté

8

☐ SNACK:

☒ Savory Snacks

5

POINTS

24

☒ SUNDAY

☐ MORNING:

☒ Raisin Nut Flakes

6

☐ MIDDAY:

☒ Turkey Sandwich w ...

5

☐ EVENING:

☒ Baked Beef Fajita

8

☐ SNACK:

☒ Sweets and Treats

5

POINTS

24

☒ TUESDAY

☐ MORNING:

☒ Apple-Almond Topp ...

6

☐ MIDDAY:

☒ Bacon & Grill ...

5

☐ EVENING:

☒ Turkey-Squash Sti ...

8

☐ SNACK:

☒ Sweet and Salty S ...

5

[add plan to my journal](#)

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FIG. 14

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to weight loss tools.

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my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[next day](#) | [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#)

1504

☒ MORNING:

[Swap for another meal?](#)

POINTS

- [Cheese Omelet](#) 6
- ☒ 3 medium egg white(s) 1
- ☒ 1 tsp basil 0
- ☒ 1 oz low-fat cheddar or colby cheese 1
- ☒ 1 slice high-fiber bread 1
- ☒ 1 cup canned fruit cocktail, packed in water 1
- ☒ 1 cup low-fat milk 2

1502

☒ MIDDAY:

[Swap for another meal?](#)

POINTS

- [Veggie Chili](#) 5
- ☒ 1 cup Health Valley Mild Vegetarian Chili 2
- ☒ 1 cup fresh vegetable sticks 0
- ☒ 1 Tbsp reduced-calorie salad dressing 1
- ☒ 1 cup grapes 1
- ☒ 1 slice toasted wheat bread 1
- ☒ 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine 0

☒ EVENING:

[Swap for another meal?](#)

POINTS

- [Apricot Turkey Breast with Cinnamon Squash](#) 7
- ☒ 4 oz boneless, skinless turkey breast(s) 3
- ☒ 1 Tbsp apricot jam 1
- ☒ 1 tsp ground ginger 0
- ☒ 3/4 medium acorn squash 2
- ☒ 1/8 tsp ground cinnamon 0
- ☒ 1 Tbsp light butter 1
- ☒ 1 1/2 cup green snap beans 0

☒ SNACK:

[Swap for another meal?](#)

POINTS

- [Snacks and Treats](#) 5
- ☒ 1 cup 0-POINT soup 0
- ☒ 1 cup fresh vegetable sticks 0

need help?

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FIG. 15A

1500b

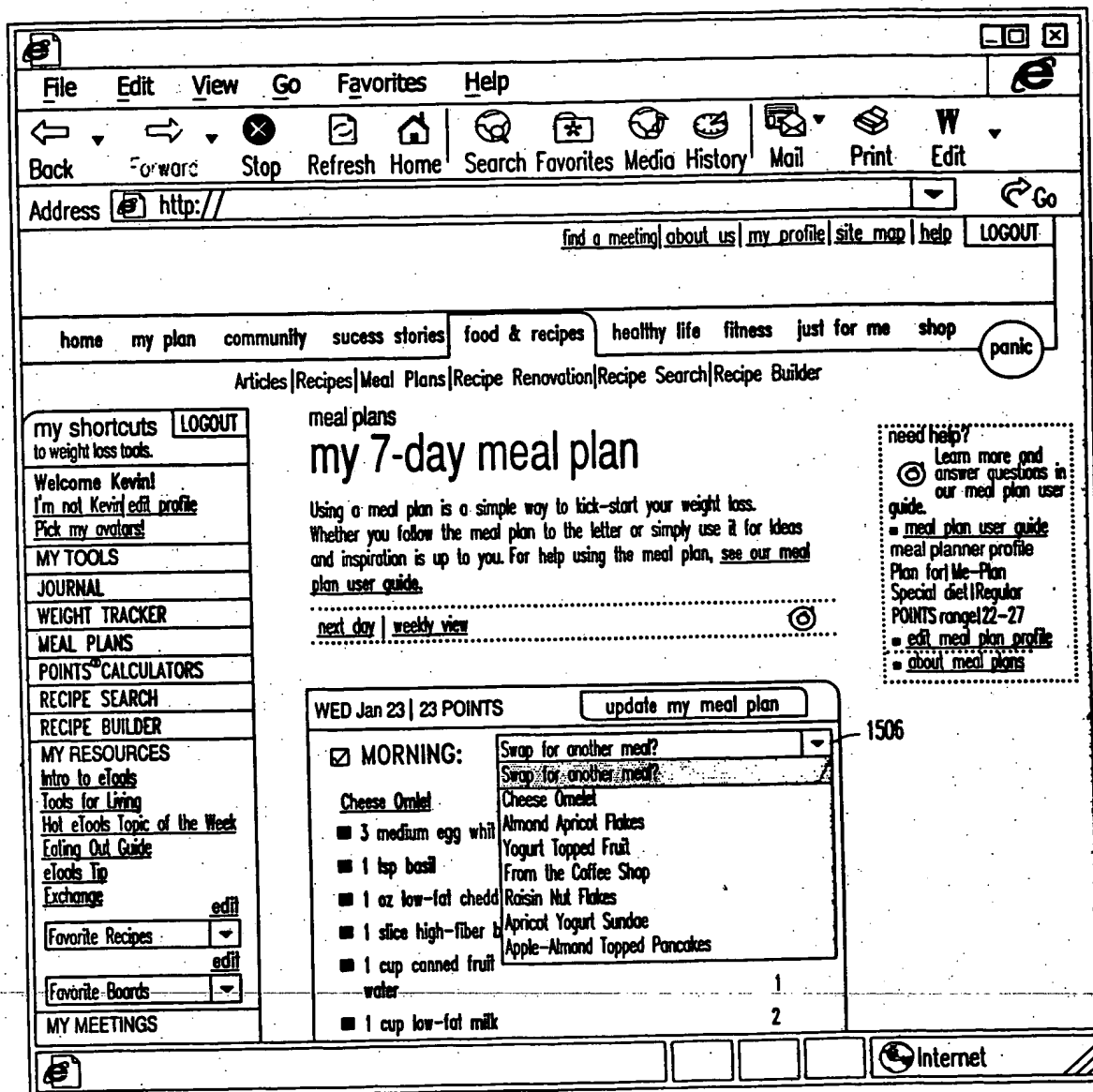


FIG. 15B

17/28

900e

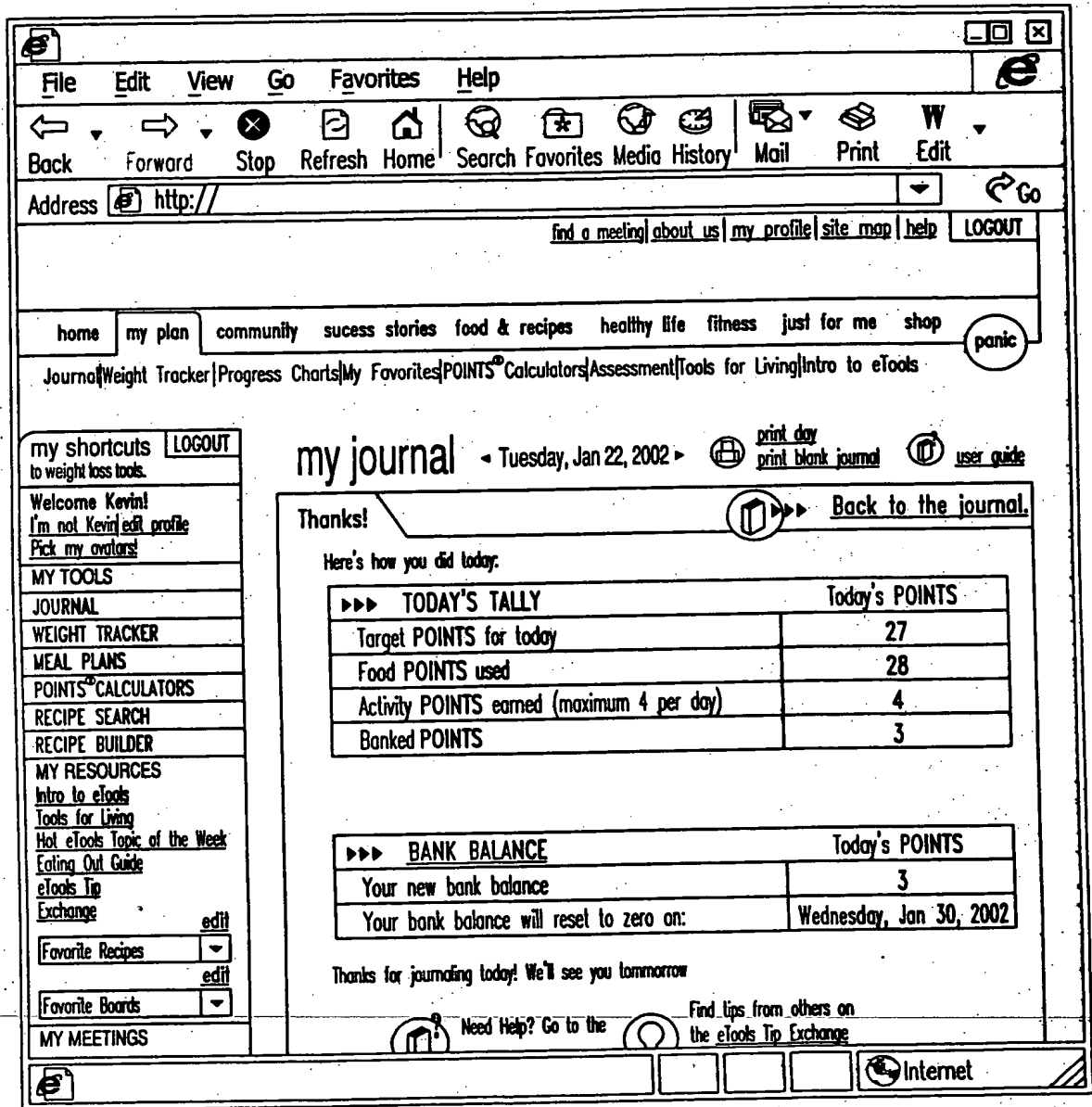


FIG. 16A

900f

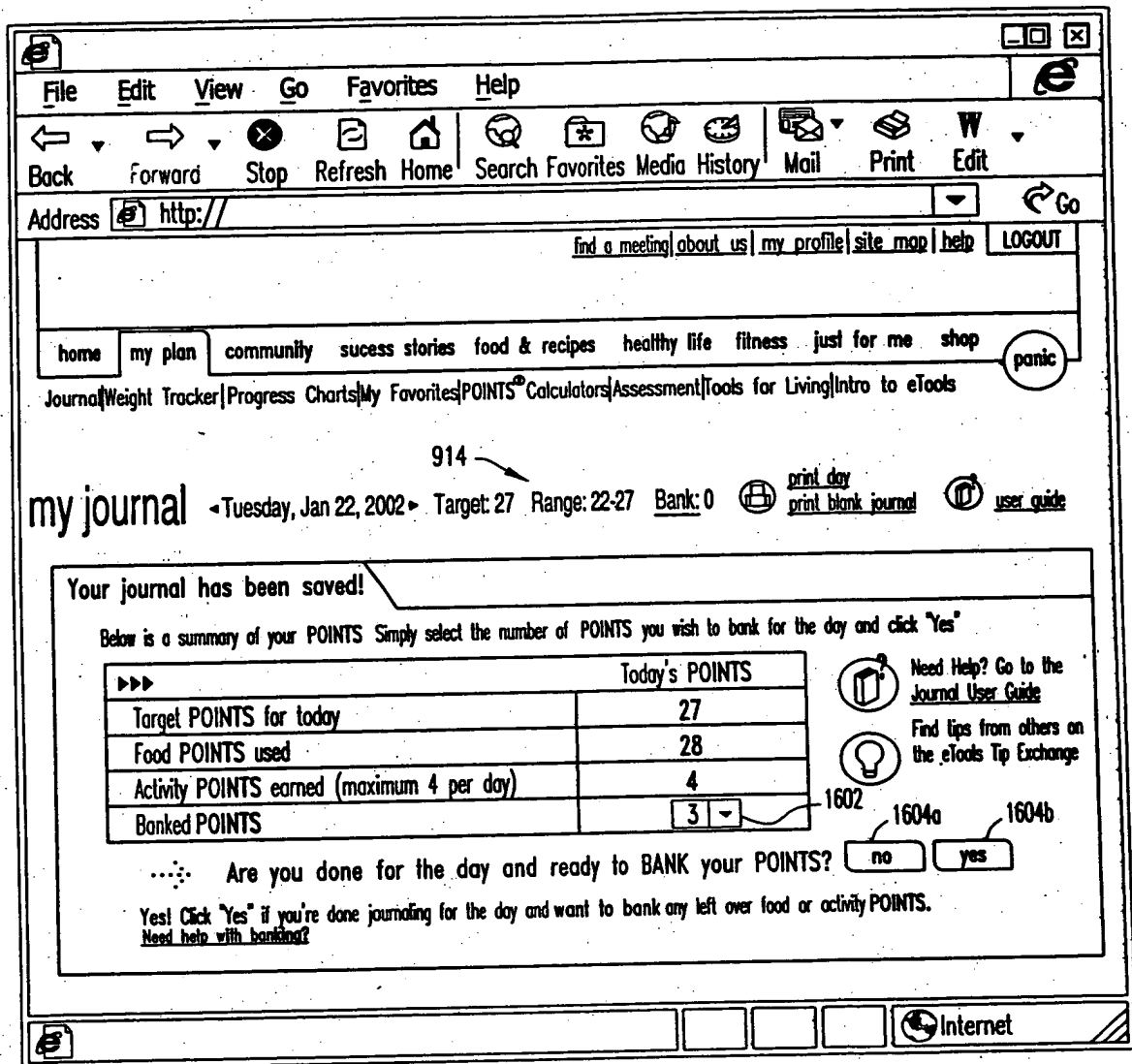


FIG. 16B

19/28

1700

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results of search or browse

Search Details: Keywords: chicken. Points Range: 5 to 7

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Search Keywords:

POINTS range: to

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1702

Recipe, POINTS per serving

[Apple Braised Chicken](#), 5
[Baked Chicken with Sun dried Tomato Sauce](#), 5
[Barbecue Chicken and Black Bean Pizza](#), 7
[Basque Chicken](#), 7
[Chicken and Dumplings](#), 5
[Chicken and Sausage Gumbo](#), 6
[Chicken Burritos](#), 5
[Chicken Enchiladas](#), 7
[Chicken Fajitas](#), 6
[Chicken Fingers with Barbecue Sauce](#), 5
[Chicken in Apricot Sauce](#), 5
[Chicken Jambalaya](#), 6
[Chicken Mole Wraps](#), 7
[Chicken Poella](#), 7
[Chicken Parmigiana Sandwich](#), 6
[Chicken Poppers](#), 6

[Chicken Pot Pie](#), 6
[Chicken Salad in Whole-Wheat Bread Bowl](#), 5
[Chicken Saute with Pine Nuts](#), 6
[Chicken Stewed with Artichokes and Tomatoes](#), 5

Course

Main Meals
Main Meals
Main Meals
Main Meals
Main Meals
Main Meals, Soups
Main Meals
Main Meals
Main Meals
Main Meals
Main Meals
Main Meals
Main Meals
Main Meals
Sandwiches
Main Meals, Side
Dishes

Time

55 min
30 min
30 min
45 min
40 min
33 min
37 min
60 min
25 min
22 min
45 min
50 min
31 min
330 min
35 min
20 min

65 min
20 min
25 min
50 min

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FIG. 17

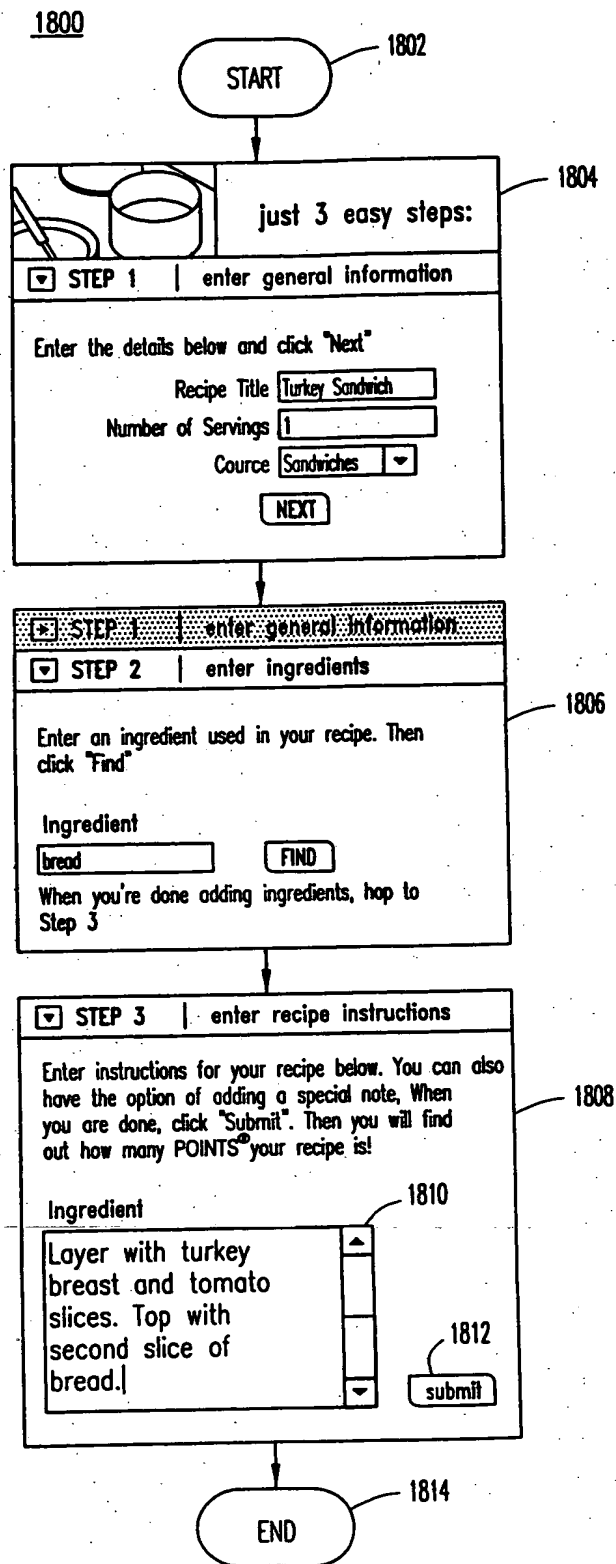


FIG. 18

806b

1900

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808b

weight tracker

Wednesday, January 16, 2002

Total weight loss



10.0 LBS.

Most recent weight: 221.6lbs on 1/14/2002

POINTS Range: 22-27

Meeting day: Monday

1902

Milestones

★

Thank You

VIEW PROGRESS CHARTS

Thank you for logging your weight this week!

Please return next Monday to log your weight.

Share stories on [Tales from the Scale](#)

ENTER PREVIOUS WEIGHT

health & safety

we put your health and safety first.

Learn about how your weight and weight-loss efforts can affect your health.

- What's your BMI
- Effects of Rapid Weight Loss

getting to weight goal

Whether you lost big this week or were a little disappointed,

remember to take time out to get inspired all over again.

- 18 Ways to Reward Yourself
- Create a Motivating Strategy

learn more, weigh less

Make the scale your friend each week by getting tips from weight-loss experts and fellow dieters alike!

- The Great Weigh-In
- 20 Weight Loss Tips (from Real Meeting-Goers!)

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- Main
- View & Edit Weights
- Enter Previous Weights
- Additional Information

weight loss profile

- Starting weight: 223
- 10% difference: 200.7
- Weight goal: 150.9
- Weight lost: 2
- [Edit My Profile](#)

Beyond the scale

Get a better grip on your weight-loss success the next time you carry groceries. Click the pounds to see what you'd have to lift.

1lb | 5lb | 10lb | 25lb

4 sticks of butter

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FIG. 19



Milestones:



Key:

- 2006

★ 5 POUNDS

★ 5 5 POUNDS ADD'L

★ 25 25 POUNDS

★ 50 POUNDS

★ 75 POUNDS

★ 100 100 POUNDS

★ 150 150 POUNDS

★ 200 200 POUNDS

G 75 POUNDS

★ 10% 10% TARGET

FIG. 20

2100

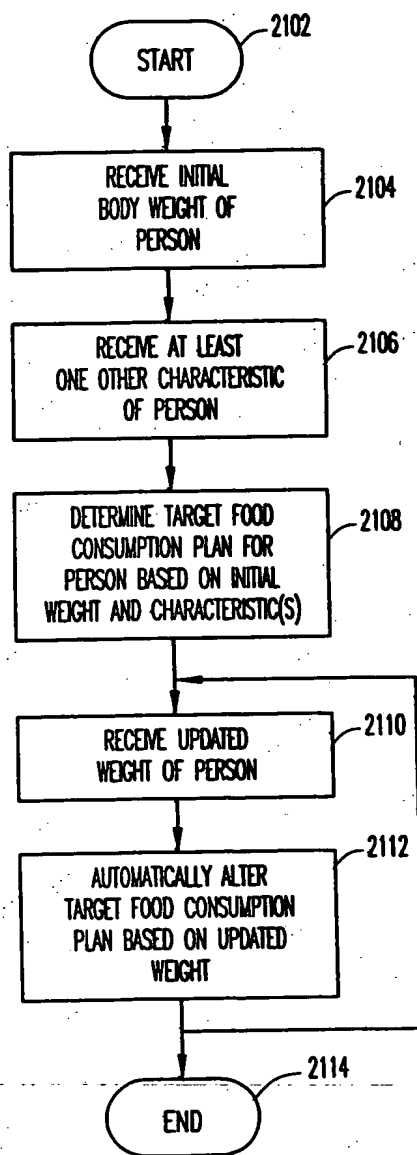


FIG. 21

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don't panic!

...we know how hard it can be.

Never trade what you want at the moment
for what you want most.



Everyone has moments of panic or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our [message boards](#) and in our [chat rooms](#).

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- [I want to lose weight, but I can't seem to get started.](#)
- [My weight-loss is at a standstill](#)
- [I've fallen off the wagon.](#)
- [I'm thinking of quitting.](#)
- [I gained this week.](#)
- [I can't do this](#)
- [I just ate a whole chocolate cake.](#)
- [I can't stop overeating!](#)
- [Everybody I know is losing weight except me.](#)
- [I'm stressed!](#)
- [My family and friends keep bringing me food!](#)
- [My spouse doesn't seem to want me to lose weight.](#)
- [I'm planning a vacation. How will I stay on track while away?](#)
- [My friends have asked me to go out to eat with them.](#)
- [I have zero POINTS left for the day!](#)
- [Somebody just said something really hurtful to me.](#)
- [None of my jeans fit me anymore!](#)
- [I'm too big to fit into a bus seat.](#)
- [I'm going to have to stand in front of a crowd. People will notice me.](#)
- [I feel so lonely.](#)
- [I'm bored with trying to lose weight.](#)
- [I'm frustrated with trying to lose weight.](#)
- [I hate exercising.](#)
- [I've lost my motivation.](#)
- [I feel thinner and look thinner, but I'm not losing pounds.](#)

your best resource

Thousands of people just like you use our chat and message boards for

inspiration and encouragement. See how they tackled the problems you face.

- [chat with others now](#)
- [go to newbie board](#)

your best resource

Our leaders provide the best answers to all your questions about weight

loss.

- [find a meeting](#)

get help

Panicking cause you're having problems using some of the tools on our site?

- [frequently asked questions](#)

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address http://

find a meeting about us my profile site map help LOGOUT

home my plan community success stories food & recipes healthy life fitness just for me shop panic

Journal|Weight Tracker|Progress Charts|My Favorites|POINTS® Calculators|Assessment|Tools for Living|Intro to eTools

my shortcuts LOGOUT
to weight loss tools.

Welcome Kevin!
I'm not Kevin! edit profile
Pick my avatars!

MY TOOLS
JOURNAL
WEIGHT TRACKER
MEAL PLANS
POINTS® CALCULATORS
RECIPE SEARCH
RECIPE BUILDER
MY RESOURCES
Intro to eTools
Tools for Living
Hot eTools Topic of the Week
Eating Out Guide
eTools Tip
Exchange edit
Favorite Recipes edit
Favorite Boards

MY MEETINGS
75202 | edit
Enter a zip code below
Don't know zip code
MY NEWSLETTER & MORE
Choose your options
GET HELP
Frequently Asked Questions
Contact Us

my profile
edit public profile

Select another page in my profile

Your public profile lets others using the site learn about you. To make a detail appear in your profile, check the "Add to public profile" box. You can also enter fun details, such as your favorite quote, below. When you are done, click "Submit."

Important: Any information you can consent to being publicly available can be seen by any user on this website. [Learn more about public profiles.](#)

make public 2304

User name: John Smith 2302

E-mail address: jsmith@workplace.com

Birthdate: 07/14/66

Gender: Male

Marital status: Single

Number of children: 0

Profession: Professional (e.g. doctor, lawyer)

Astrological sign: Cancer

My home page: http://www.workplace.com

Astrological sign: Beam me up, Scottie

submit

Enter your start, goal and current weights below. It will display in this order in your signature: 180/169.4/141

Start weight: 223 lbs

Current weight: 221 lbs

Weight goal: 150 lbs

submit 2306

Internet

FIG. 23

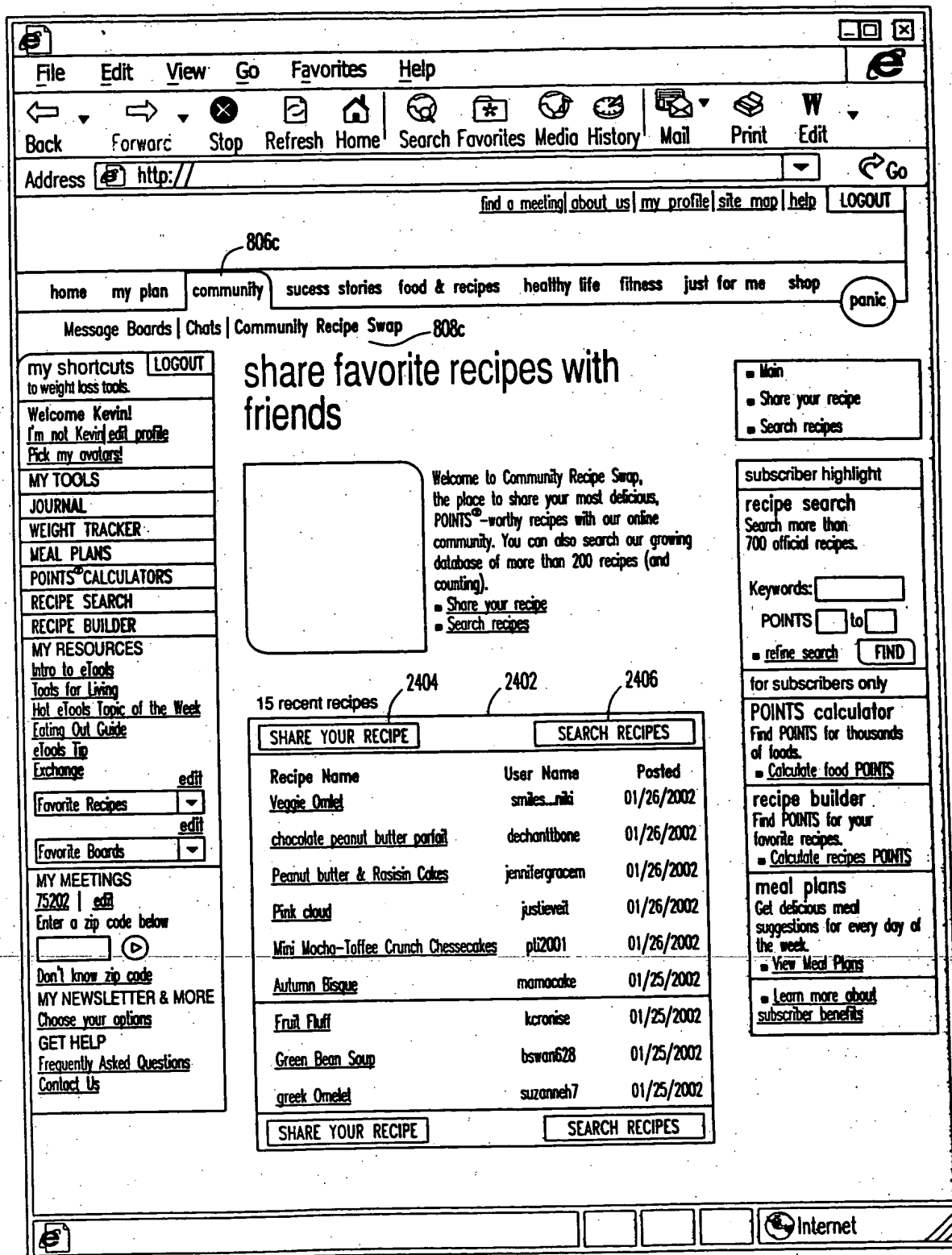


FIG. 24A

2400b

The screenshot shows a web browser window with a menu bar (File, Edit, View, Go, Favorites, Help) and a toolbar with icons for Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit. The address bar shows 'http://'. Below the address bar is a navigation bar with links: home, my plan, community (labeled 806c), success stories, food & recipes, healthy life, fitness, just for me, shop, and a panic button. A message board section includes links for Message Boards, Chats, and Community Recipe Swap (labeled 808c). The main content area is titled 'share your recipe' and includes a paragraph about sharing recipes and an important note about using personal recipes. The form fields are: Recipe Title (labeled 2408 and 2410), From the Kitchen of: Meal Course (labeled 2412), Number of Servings (labeled 2414), Estimated POINTS per serving (labeled 2416), Ingredients (labeled 2418), Instructions (labeled 2420), and Special Notes (labeled 2422). At the bottom are RESET and SUBMIT buttons (labeled 2424). The left sidebar contains a 'my shortcuts' section with links to weight loss tools, a welcome message to Kevin, and a list of tools including MY TOOLS, JOURNAL, WEIGHT TRACKER, MEAL PLANS, POINTS CALCULATORS, RECIPE SEARCH, RECIPE BUILDER, MY RESOURCES, and MY MEETINGS. The bottom status bar shows the Internet icon.

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://>

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

home my plan **community** success stories food & recipes healthy life fitness just for me shop [panic](#)

Message Boards | Chats | Community Recipe Swap

my shortcuts [LOGOUT](#)

to weight loss tools.

Welcome Kevin!
[I'm not Kevin!](#) [edit profile](#)
[Pick my orders!](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS[®] CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

[Intro to eTools](#)

[Tools for Living](#)

[Hot eTools Topic of the Week](#)

[Eating Out Guide](#)

[eTools Tip](#)

[Exchange](#) [edit](#)

[Favorite Recipes](#) [edit](#)

[Favorite Boards](#) [edit](#)

MY MEETINGS

[75202](#) [edit](#)

Enter a zip code below

[Don't know zip code](#)

MY NEWSLETTER & MORE

[Choose your options](#)

GET HELP

[Frequently Asked Questions](#)

[Contact Us](#)

community recipe swap

share your recipe

Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click "Submit." Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS[®]?

IMPORTANT: You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines.

Recipe Title:

From the Kitchen of:

Meal Course:

Number of Servings:

Estimated POINTS per serving:

Ingredients:

Instructions:

Special Notes:

[RESET](#) [SUBMIT](#)

Internet

FIG. 24B

The screenshot shows a web browser window with a menu bar (File, Edit, View, Go, Favorites, Help) and a toolbar with icons for Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit. The address bar shows 'http://'. Below the address bar is a navigation bar with links: home, my plan, community (labeled 806c), success stories, food & recipes, healthy life, fitness, just for me, shop, and a panic button. A secondary navigation bar includes links: Message Boards, Chats, Community Recipe Swap (labeled 808c), and a LOGOUT button. The main content area is titled 'community recipe swap' (labeled 808c) and 'share your recipe'. It features a search bar (labeled 2426) with a dropdown menu (labeled 2428a) and a 'FIND' button (labeled 2428b). Below the search bar is a 'refine search' section (labeled 2430) with a text input field (labeled 2432) and a 'FIND' button. The 'refine search' section includes a 'Meal Course' section (labeled 2434) with checkboxes for Beverages, Light Meals, Side Dishes, Breakfast, Main Meals, Snacks, Cakes, Sandwiches, Soups, Desserts, and Sauces. There is also a 'Posting Date' section (labeled 2436) with a dropdown menu (labeled 2438) and a 'FIND' button. On the left side, there is a sidebar with links: my shortcuts, to weight loss tools, Welcome Kevin!, I'm not Kevin! edit profile, Pick my avatars!, MY TOOLS, JOURNAL, WEIGHT TRACKER, MEAL PLANS, POINTS CALCULATORS, RECIPE SEARCH, RECIPE BUILDER, MY RESOURCES, Intro to eTools, Tools for living, Hot eTools Topic of the Week, Eating Out Guide, eTools Tip, Exchange, Favorite Recipes (edit), Favorite Boards (edit), MY MEETINGS, 75202 | edit, Enter a zip code below, Don't know zip code, MY NEWSLETTER & MORE, Choose your options, GET HELP, Frequently Asked Questions, and Contact Us. On the right side, there is a sidebar with links: Main, Share your recipe, Search recipes, subscriber highlight, recipe search, Find what you're craving, Search more than 700 official recipes, Go to Recipe Search, Learn more about subscriber benefits, for subscribers only, POINTS calculator, Find POINTS for thousands of foods, Calculate food POINTS, recipe builder, Find POINTS for your favorite recipes, Calculate recipes POINTS, meal plans, Get delicious meal suggestions for every day of the week, View Meal Plans, and Learn more about subscriber benefits.

FIG. 24C